

Public Service Announcement

Provided by Marshall County Emergency Management

## **Don't Panic! Pre-Plan & Practice!**

### **Pre-Plan & Practice!**

How will you take care of yourself and your family when disaster strikes again? Take the time now to get your family and home ready for the winter season by following these tips:

1. Ensure your disaster supply kit is restocked.
  - a. Non-perishable foods (V-8 juice, spam, beef jerky, peanut butter, etc.)
  - b. Non-electric can opener
  - c. Water (1 gallon per person/per day for drinking; additional for pets, medications, and sanitation)
  - d. Flashlights with spare batteries
  - e. Battery operated radio for event monitoring/updates
  - f. Spare clothing (for appropriate season)
  - g. Sturdy shoes
  - h. Items to keep children entertained
  - i. Emergency Cash
  - j. Copy of Critical Documents
2. Updated list of medications & are medications stored in one location
3. Prepared list of special family needs (oxygen, c-pap, feeding tube, etc.)
  - a. Make contact with vendors to ensure they have emergency procedures to supply your oxygen, tubing, etc.
4. Backup generator serviced, fueled, and tested
5. Vehicle gas tank fueled and vehicle emergency kit restocked
6. Evacuation plan developed (where will you go, and what you will need to carry with you: medications, glasses, wheel chair, etc.)
7. Contacted local emergency responders (fire department, ambulance service) and notified them of special considerations (family member confined to bed, feeding tube)

Emergency service organizations are there to assist us during a disaster. However, it is not theirs, the local, state or federal government's responsibility to take care of our every need. That is our own individual responsibility – it must start at home. Start now so that your family is better prepared! Make a plan, develop a kit, and educate your family.

